

"How do you make journaling exciting?"



- ★ Write as if you're telling a story about someone else. "
- ★ Maybe each day you could put a sticker on the date to show how you felt that day, or what happened. Like a Sad smiley, happy smiley, mad smiley, sick smiley, or birthday candle, snow falling, just anything that would represent that day that you could remember it by. "
- ★ "Put in things you wouldn't think matter, or put in something really funny that happen that day. By doing this, sometimes you'll realize something about you or a person. You could put your thoughts about that.
- ★ For me writing in my journal is one of my many ways to relieve stress. I like to think of it as the one person I can actually go to and tell all of my secrets to, my whole life story, and just vent to knowing that it won't tell anyone else! Another thing that I like to do in my journal is after I read my scriptures every night write down something that I really liked or inspired me from what I read.
- ★ Get parents to drag out their old journals and have them read to their kids. Maybe go over what kinds of things you could write to fill up the pages. "
- ★ Add a picture ★ Keep it short! ★ Doodle in your journal.
- ★ Leader's input: How about combining it with reading your scriptures? I.e., start your entry with a scripture or a thought, quote, etc., you may have read or heard that day? If you combine it with a scripture, then it is a "twofer"...you read your scriptures and you write in your journal!
- ★ Make your journal like a scrapbook – include photos and mementos.
- ★ Have a theme or "goals" – perhaps write to "your" children – after all, it is going to be them who read it one day.
- ★ What about having a "topic" of the week or month?
- ★ Don't want to keep a journal? What about a "quote" book – keep a notebook of something that 'leaps' out at you in class, sacrament meeting, fireside? I started doing this for 2007 and it's been a blast so far. My first quote for 2007 came from a 12 year old who bore his testimony ... I write it down and put their name next to it and the date I heard it! I have humorous ones and serious ones – pretty fun....